

BURN-OUT

**ConRunners Meeting
12/7/01**

Welcome to Anon-A-Con... ConRunners Anonymous....

CAUSES

- Get too many things going on at once
- Spending too much money
- Spending too much time
- Playing with idiots
- Trying to do too much without help
- **OVER-COMMITMENT**
- Perceived lopsided effort (I'm doing more than 10 others on the committee...)
- Conflict between mundane life vs. fannish life vs. personal life
- Over-extending yourself

PREVENTION

- **LEARN TO SAY "NO"**
- Spread work out : over time : over people
- Avoid the martyr complex
- Don't get too serious – Keep doing it while it is fun; don't when it ceases to be fun
- Take time off to have fun – Remember why you are doing this
- Try a different job – Don't do the same old thing over and over again
- **BALANCE** all points of your life
- Mentor – Train others to do the job you've been doing, or train to learn another job yourself
- Be flexible – Gain perspective
- Delegate – Have a 2nd – Don't work in a vacuum
- Mega-meetings – Try to consolidate the time/effort spent
- Limit amount of time committed to fannish stuff – Make time for other activities that are non-fannish
- Don't financially over-extend

SHOULD BURN-OUT HAPPEN:

- Don't slash & destroy
- Bow out and let others take over
- Pass on the proper info to those who will need it to carry on the job